
~ **CHILDREN FROM AGES 6-11**

Common responses may include withdrawal, disruptive behavior, trouble paying attention, avoidance of school, sleep problems, irritability, outbursts of anger, and stomachaches.

~ **ADOLESCENTS**

Teens show symptoms more like those of adults. Symptoms may include flashbacks, nightmares, emotional numbing, depression, substance abuse, and antisocial behavior. They may also feel extreme guilt because of a failure to prevent injury or loss of life.

Parents and other adults can help children cope. Take time to listen. Do not pass judgment. Let children know that their feelings are normal and that it is okay to express them. Let them know that it is okay to cry and be sad. Be sure they know they do not have to be “tough”.

**When Problems
Seem to be Getting Worse**

Emotional and physical reactions to the Rodeo-Chediski Fire are *normal*. For many people, these reactions are short-lived. For others, they may go on for a considerable period of time. It is a good idea to seek professional help if you feel that reactions to the disaster are lasting too long or progressively getting worse instead of better.

ARE YOU ...

- + Unable to manage day-to-day activities such as eating or bathing?
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- + Unable to take care of your children?
 - + Feeling like hurting yourself or others?
 - + Relying on alcohol or drugs to cope?
 - + Having other fears and worries?

If you recognize these behaviors in yourself or others, please seek assistance immediately!

**Community
Counseling Centers, Inc.**

Corporate Offices

105 North 5th Avenue
Holbrook, AZ 86025
(928) 524-6126

Holbrook
Outpatient
(928) 524-6126

Show Low

2500 Show Low Lake Road
Show Low, AZ 85901
(928) 537-2951

Winslow
211 E. Third Street
Winslow, AZ 86047
(928) 289-4658

For all those impacted by the Rodeo-Chediski Fire, the White Mountain Recovery Partnership supports recovery, resiliency and renewal. Our role is to identify and assess mental health needs, and to provide empowering individual services and community development programs for the affected areas. WMRP staff are available to individuals, families, community groups, businesses and service organizations *at no charge* for the purpose of realizing wholeness and making peace with the devastation of June 2002.

White Mountain Recovery Partnership
P.O. Box 3915, Show Low, AZ 85902
(928) 537-2646

**WHITE MOUNTAIN
RECOVERY PARTNERSHIP**

SUPPORT

Figuring out
when to
seek help

Feel free to feel better

You CAN find a helping hand.
DO IT NOW.

FIGURING OUT WHEN TO SEEK HELP

Here is some information on normal reactions to stress that may help you determine if you might benefit from (organization) services.

Normal Reactions to Stress

EMOTIONAL REACTIONS - People feel and express their reactions to a crisis differently. They may:

- Feel very nervous, helpless, fearful or angry
- Feel hopeless about the future
- Feel detached or unconcerned about others
- Feel numb and unable to experience love or joy
- Be irritable or have outbursts of anger
- Become easily upset or agitated
- Have frequent distressing dreams or memories
- Avoid people, places and things related to the disaster
- Have difficulty concentrating
- Feel their world is distorted or unreal

PHYSICAL REACTIONS – How people physically react to a disaster varies. They may:

- Have an upset stomach, eat too much or too little, or have other gastrointestinal problems
- Experience a pounding heart, rapid breathing, sweating or severe headache when thinking about the disaster
- Have trouble falling asleep, staying asleep, or sleeping too much
- Be on guard and constantly feel alert

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- Be jumpy and startle easily at sudden noises
 - Have a worsening of chronic medical problems
 - Feel exhausted

Help for Yourself and Other Adults

There are a number of ways you can help yourself or others ...

-- Take care of yourself. Remember **H-A-L-T**: don't get too **H**ungry, **A**ngry, **L**onely, or **T**ired. Eat right, get enough sleep, and share your thoughts and feeling with people around you. Learning how others are coping will help you feel less alone.

-- Like many in the White Mountain Region since June, 2002, you may need help with new problems, like the loss of a job or income. The Department of Economic Security may be a valuable resource.

-- Remember that stress can cause physical problems. It can increase the risk of heart attack or stroke, worsen some conditions (such as stomach problems) and make others (like diabetes and arthritis) more difficult to manage. So if you're under a doctor's care, be sure to keep your appointments and take medication as prescribed.

-- Rely on regular exercise and activities that you enjoy to relieve stress and cope in a healthy way. Walking every day or managing stress with relaxation techniques can make a big difference in how you feel. Do the things that give you pleasure such as watching a movie, having friends over or reading a book.

-- Get extra help to deal with grief if you lived close to the disaster, were injured, or lost a relative or friend. Talk with your spiritual advisor or a friend. You may find the service of a private counselor or that of Community Counseling Centers, Inc., to be of particular value.

-- Stay away from drinking a lot of alcohol or using other substances to numb yourself. This will only make things worse in the long run. People with alcohol and substance abuse problems are more likely than others to develop more serious problems after a disaster such as the Rodeo-Chediski Fire. If you think you have a problem, this is a good time to check it out.

Help for Children

A child's reaction to the Rodeo-Chediski Fire will depend on many factors, including whether the child was directly affected by the fears of a parent or relative, the age of the child, whether the child has experienced trauma in the past, and how much of the disaster the child witnessed in person or on television.

Loss of trust in adults and fear of the event occurring again are responses seen in many children and teens exposed to traumatic events. Other reactions vary according to age.

~ CHILDREN 5 YRS OF AGE & YOUNGER

Typical reactions include fear of being separated from a parent, or fear of the dark, increased crying, clinging to a parent, and a return to younger behaviors such as thumb-sucking or bed-wetting.